



HOAD HILL HARRIERS NEWSLETTER



FEBRUARY 2024 EDITION

2024
QR code
Online entries
www.bookitzone.com

Glaxo Hoad Hill Harriers
UPCOMING EVENTS

2ND MAY
Paul Jarvis Memorial Mile
7.00pm

14TH AUGUST
SUMMER 10K
7.00pm
& 1 MILE FUN RUN
6.30pm

11TH SEPTEMBER
MONUMENT 5K
6.45pm
& 1 MILE FUN RUN
6.15pm

1ST DECEMBER
XMAS PUDDING 10K
11.30am
& 1 MILE FUN RUN
11.00am

www.hoadhillharriers.co.uk
North Lonsdale Rd, Ulverston, Cumbria, LA129DR

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EDITORIAL: Adrian

Judging by the long distances many of you are displaying on Strava, it's marathon training time! Sadly, my legs wouldn't cover that distance now, but I loved plotting my longer routes and following a training programme. Good luck to you all, I look forward hearing how you get on.

Those of you who participate in Parkrun will have heard of their controversial decision to remove course and age-category records from its website and in future will only publish basic results from events.

Also disappearing are parkrun 'world records' in addition to statistics for most wins or for getting under a particular time as the organisation seeks to make its data less performance-oriented. Whether this was their main reason for doing so, I remain sceptical. However, the move comes at a time when parkrun was being criticised for allowing entrants to self-identify their gender, with event organisers being accused of "sex discrimination". I believe the stats should not have been removed without consulting grass roots. If someone is bothered by them, they don't have to look at them. I don't think stats discourage people from taking part in parkrun, on the contrary, they motivate many, why not celebrate achievements?

ParkRun should be for all, whether you're fast or slow, social or competitive, fun or serious, young or old. The stats were there if you wanted to find them but not forced upon you or in your face. They were an inspiration to many, both junior and adult or sometimes just made for an interesting read.

ParkRun continues to grow in numbers and new events pop up all the time so why change something that wasn't broken in the first place.

There is an online petition with 21,000 signatures at the moment: www.change.org/bringbackthestats which can be signed without having to make a donation (although you can if you wish) and I just ignored all the other options.

In producing this newsletter, I try to keep everyone informed with what is happening at the club, both socially, organisational, and update you on running events/results. If any members compete in a race, know of any good races or have any views on anything, please feel free to email your article to me, Adrian at adrian.newnham@btinternet.com - and I will include it in the next newsletter.

WELCOME:

Welcome to new member Matt Fleming.

PARKRUN SUCCESSES:

Muncaster Castle Parkrun: Adrian Newnham **PB** 30:35, Simon Barton **PB** 27:39, Alan Wilson **PB** 23:56, Pat Thomas **PB** 23:16, Pete Davison **PB** 23:08.

Millom Parkrun: Natasha Gray **PB** 22:58, Pete Davison **PB** 22:25, Pat Thomas **PB** 23:20

Barrow Parkrun: Angela Spencer **PB** 28:21, Darren Coward **PB** 18:10, Daniel Booth **PB** 20:11

CLUB CHAMPIONSHIPS: PENNY MORETON

HOAD HILL CLUB CHAMPIONSHIPS 2024

I am really looking forward to launching the format of the Club Championships and it will follow a slightly different format but fundamentally follow the same points and age group structures.

I have put together a range of races and fun challenges covering the whole year and would like the Club Champs to be popped into the newsletter showing the whole programme of events, maybe emailed to all members and the appropriate months into the relevant future newsletters.

I have tried to give members the chance to do not just road races/challenges but also off road whether it be trail or fell and over varying distances.

There will be generous bonuses if members choose to do every opportunity per month and generous points for those members that would like to offer their help at our Club races throughout the year.

I would also like to have considered introducing a piece of recognition to the members who give it their all, enter everything but are never going to get that shiny trophy at the Christmas Do – our last placed participants in each age category would receive – a memento, to be determined.

A LIST OF THE YEARLY CHALLENGES ARE INCLUDED AT THE END OF THIS NEWSLETTER. THEY ARE ALSO ON THE CLUB WEBSITE.

MARCH CHAMPIONSHIP CHALLENGES:

5K	SHORT	BARROW PARKRUN	9 th 9am	575 th Barrow Parkrun
7.9M	MEDIUM	DENTDALE	9 th 12pm	Dent nr Sedbergh, undulatory, entries on the day £18
13.8M		CONISTON 14	23 rd 11am	John Ruskin School Coniston, undulatory £31
TRAIL	6/9.6km	MID LANCS X Country	2 nd 1.30/2.15pm	Skelmersdale
VIRTUAL	2M		7 th	2 Mile time trial either on Club night or during the day

COMMITTEE MEETING:

The next committee meeting is on March 21st, if anyone wants any issues raising, please contact club secretary Glenn Boulter, or any other committee members, so it can be added to the agenda. Minutes from previous meetings can be found in the Club's Folder, found on the shelf as you enter the sports hall.

In February's meeting, the main issues addressed were the race entry prices we charge for our events and the prizes we give out. The main changes were a small increase of £1 for race entry.

We also discussed the Paul Jarvis Memorial Mile event we hold in May. It was decided to try and increase the numbers attending this event by holding it on a Thursday club night instead of a Sunday. The course will be measured, a permit applied for to enable it to become an official 1mile Run Britain event, with results going on the Power Of 10. It could also incorporate a team relay race. The race subcommittee are going to look at things in greater detail and will report back later. Watch this space.

As many of you know Dorothy Stirling has done a brilliant job leading the race committee and with their help, organise everything so our events run smoothly. Whilst she is happy to continue to lead the committee and organise things leading up to the event, she would like someone to volunteer to act as Race Director on the day.

RACE DIRECTOR ROLE – VOLUNTEER(S) REQUESTED: Dorothy Stirling

We are looking for a new Race Director to take up post in 2025 and attend at least 2 races in 2024 to shadow the current one.

The Race Director is responsible on the day of the race to coordinate activities ensuring the event is safe and runs smoothly in compliance with the English Athletics race permit. This person acts as the key decision maker on the day, resolving any issues if they occur, liaising throughout the event with the events organisation team including First Aiders and results team (Steve Ashcroft).

Other responsibilities:

- starting the race and prize giving **though this may be delegated if there are sufficient volunteers.**
- signing off on the event risk assessment, ensuring the event is safe to run on the day
- Race report submission to English Athletics (Run Britain)

The race director is supported by the events organisation team, which includes Marshal Coordinator, Course organiser and possibly Registration and Timekeeping. They can be either a full or part time member of race sub-committee who as a team prepares all tasks ahead of race day/evening.

MEMBERSHIP: Julie Newnham

To date, we have 126 members of the club. Two months has passed since members were asked to renew their membership, and we still have 19 members who have not renewed. As we need to pay England Athletics members affiliation fees at the end of March, using one club payment, it is important that those who wish to remain members, renew as soon as possible please. Reminders will be sent out via membermojo in the next couple of weeks. Renewing link: <https://membermojo.co.uk/hoadhillharriers>

CLUB CHARITY:

A cheque for £500 has been sent to last year's club charity – 'The Burns Trust

PENDLE WAY IN A DAY: Sat 3rd FEB



This winter Ultra in East Lancashire is a waymarked trail challenge in the gritty yet beautiful trails and moorlands of the South Pennines. It consists of a full circular of the Pendle Way of approximately 45miles with 6100ft ascent.

A group of lads from Furness tackled this ultra, including **Alastair Macdonald** and **Simon Austin** who completed this tough, muddy challenge in 10:47:35 and 11:06:11 respectively.

LOUGHRIGG SILVER HOW FELL RACE Sun 4th Feb



Ambleside AC organised this winter classic, as a low-key early season tester. The out and back 8.5 mile course with 2900 feet of ascent goes over Loughrigg and Silverhow, offering route choice with a visit to Lily Tarn on the return leg.

Josh Hartley, running for his fell club BCR had an excellent race, finishing in 4th place in 1:11:11, missing out on 3rd by 1 second! New member, **Matt Fleming** finished in 31st in a time of 1:28:20. **Pete Hopley**, running for his fell club, Ambleside, finished in 72nd place, in 1:41:23. 135 runners took part.



MAD DOG 10K: SOUTHPORT SUN 4th FEB

The MAD DOG 10K is a great, fun event that takes place along the Southport shoreline, with 1,266 runners running along the prom to the sounds of live music!

Having broken her hip at this race last year, **Paula Herbert** returned to prove she wouldn't be beaten, finishing in 1:02:07, 681st/ 1266.

'Happy to finish in one piece. Great race brutal wind for 5k out but made it better coming back. The goodie bags we get are brilliant, all thanks to #maddog10k.'



XTERRA MATTERLEY DUATHLON: Sat 10th Feb

Elsie Roberts: 5th Vet 45 Total Time 02:55:49 1st 5 K run 34:24, Cycle 20k 01:41:32 2nd 5K run 36:18

'That was tough. I was visiting family and had fancied a half marathon but they seemed elusive, what I did find whilst browsing events was Xterra Duathlon.

For those who don't know, this is run / bike / run race - with the run and bike both being off road.

I used to do a bit of duathlon / triathlon but my last Xterra was 2017 and triathlon 2021.

Off Road Duathlons are few and far between in this country and I just happened to be in the right area on the right weekend. It was a Saturday race, so I would hopefully recover for Aunty duties on the Sunday and I found a cheap air BnB too. I can often find an excuse to not train or race, but not this time.

5k run 21 k bike, 5k run (2 laps / 4 laps / 2 laps)

First run 2 x 2.5k laps, up a long hill to some woods, loop around the woods, off camber, jump logs etc, back down to the start then back up the hill to do another loop. This really didn't go well and my leg tightened up not even 5 minutes in, and whilst it wasn't cramp I ended up having to walk, stretch and give it a rub. I hoped it might improve on the downhill, which it did a bit, but then started again as soon as I went uphill.... I began to wish I was doing the 'Sprint event' which was on at the same time. I also wished I'd just opted for the Burnley Cross Country which would have been far easier and shorter than what I was about to put myself through. It became a bit of a mental battle from here, but since I brought my bike, I told myself that I really should do at least half the bike course, my leg stopped giving me grief on the bike so I just kept on going, but to be honest I was dreading the final run which is unusual for me. I was relieved that there were 3 of us close together and we swapped at various stages and gave each other encouragement which really helped me stick at it, if I'd been in no mans land I'm not sure if I would have kept going. I only stopped twice on the bike, once because the claggy mud had stopped my wheel turning and once when I got my line wrong on the uphill and I couldn't keep enough momentum - I had to run my bike up the hill instead.

I made it round the final run, opened up a much bigger gap on the other 2 girls and although my leg was still uncomfortable it was better than the first run. I was so glad to cross the finish line after 2 hours 55 of racing. As an aside the last time I was at this place I was at a 24 hour dance festival, I had a lot more stamina in those days.

Frustrated by my body not co-operating and feeling I wasn't pushed cardio wise and knowing I had so much more to give, and plenty of scope for improvement, I've decided I'm doing the Xterra Triathlon in May. I'm not sure why, but somewhere along the lines I must have enjoyed it.

KENDAL WINTER LEAGUE: BARBONDALE FELL RACE:

11th. Feb

The race begins with about 3 yards of flat running and then straight into the climb, which starts off steep and gets steeper. An out and back course with a relentless straight line of flags up the steep fell, - then the racing begins, reversing the route back. Straight back along the ridge and then try your best to stay upright on the descent, it's very steep and the scree is optional for all.

The route is 3.2km/358m climb, on steep, rough grassy terrain with scattered rocks and optional scree.

Matt Fleming. 14th/74 men 0:25:00 Matt continues to finish well up, despite a slip on the way down, from which he quickly recovered.



MID LANCS CROSS COUNTRY: TOWNELEY PARK: BURNLEY: 10th Feb: Adrian

Sadly, due to injuries and illness, the squad was looking rather thin today, but we still had a strong team out, so I wasn't too concerned.

This flat course, notorious for a couple of muddy areas, was certainly cut up, sticky, slippery and hard going by the time the field of 110 senior ladies set off on their 6K race.

Lauren set off quickly, and was in the top ten after the first short lap. Despite losing a couple of places on the longer laps due to stitch, she still finished strongly in 14th place. Ellie and Heather kept each other in site all the way round, with Heather trying desperately to narrow the gap between them. Paula was finding it really tough as she did not feel well going into the race, but as usual she produced a gutsy run and managed to finish, although she almost set off on another lap instead of coming in to the finish!!

Our team were 9th/23, and were second highest scorers in the league, a great achievement.

The ladies team currently hold 3rd place in league two – bronze medal contenders, but it all hinges on the last race as the team in 4th place is only 1 point behind us.





14th Lauren Booth 23:57



38th Ellie Simmonds 26:07



45th Heather Travis 26:27



99th Paula Herbert 36:22



It was great to welcome two new members to the men's squad; John Austin and Danny Booth. The course was well and truly cut up after the previous race, so the 156 runners were going to find the four long laps strength sapping over the 6 miles.

Luke, as usual had a cracking run, leading in our first team, followed by Charlie (who again, paced himself really well) with Darren just a few seconds behind him. Peter Hopley (4th. Vet 50) had a strong run and lead Rory and a determined Danny back, putting our men's team of six in 6th/15 teams.

Gary, struggled with grip, opting to run in off roaders rather than spikes, (a strange decision considering the number of running shoes he has!) and just missed out on making the team. Damian had a gritty run, gaining valuable points for the Vet 50 team, bring them in 4th/11 teams. Considering John was from our C25K group and has not competed in a cross country or raced a 10k before, it was brilliant to see him finish with a smile on his face!

After 5 meetings, our men's team are currently 3rd in Division 1, a good result at Skelmersdale could see us moving up and winning the silverware.



24th Luke Turner 36:14



34th Charles Jeffrey 37:13



35th Darren Coward 37:18



73rd Pete Hopley 40:34



76th Rory Anderson 40:47



85th Daniel Booth 41:34



87th Gary Dover 41:45



134th Damian Jones 49:13



147th John Austin 55:22

LANCASTER VALENTINE 10K Sunday 11th.



This out and back course lets runners explore Lancaster's finest urban scenery. Runners cross the River Lune and follow the route all the way towards Morecambe, before a quick turnaround, back to the George and Dragon Pub.

It was great to see three new members representing the club for the first time, so well-done Neil, Ashlea and especially John, who had run 10k the day before at Burnley cross country for the club team. John and Neil were two members of our C25K group, great to see the progress made in a short space of time.



51st 00:51:53 Leanne Bayliff (fastest 10k since 2018)



60th 00:54:32 Neil Ward 3rd Vet 65



94th 01:02:41 John Austin



98th 01:03:50 Ashlea Madin – 'Very proud that I finished it!'

John Austin:

'So, six months ago I could not run to save my life. The thought of it alone would have made me just run to eat a piece of cake.

Having spent nine weeks late last year triumphing through a hard but thoroughly supportive CouchTo5K programme run by my local running club, and having ran socially with them as a club member since the new year, today I went onto a new challenge.

That is me running my very first cross-country race of 10km distance, in the boggiest, muddiest of terrain and finishing with a smile to my face. My knees are not smiling. I still am!

Well done to everyone who did the Lancaster Valentines 10k today. Some amazing runners that are a true testament to their clubs! And a well done to the Hoadies of course.'

NETHERHALL 10 MILER: MARYPORT: FEB 25th.

117 runners experienced near perfect running conditions, with Hoadie **Richard Marlton** having a great run. He finished in 24th position with a time of 01:08:22. He was also a prize winner, being the first Vet 55 back.

Richard: I thought I'd have a go at the Netherall 10 after seeing it on Karl's race diary describing it as the Maryport 10, particularly as I can't make Haweswater half marathon or the Coniston 14 this year.

So, 50 miles up the coast on a lovely Sunday morning to a great location, people and organisation were faultless. They even had cakes and I was awarded a bottle of red wine for winning my age category of MV55. It was a scenic 10 miles with 3 tough climbs totalling 600 feet, but a least a two-mile downhill finish which I managed to race down and leave behind Mike James from Keswick by a minute and a quarter at the finish. I can recommend this race for anyone up for a challenge and a long drive to and down the Cumbrian coast.

RACE ACROSS EUROPE: Penny Moreton:

'It was confirmed last night that part 1 of my **Race Across Europe** was successful. Since January 1st, I have been doing a Virtual Challenge of 1639 miles to Kiev organised by GB Ultras

I have reached Frankfurt 500 miles as first female, I'm over the moon as I've never won anything before. The next target is Budapest at 1000 miles.'

INOV-8 HIGH CUP NICK FELL RACE: FEB 24th

This well marked scenic fell race (**15KM/450M ascent**) on the edge of the Eden Valley takes you to the amazing High Cup Nick, a spectacular amphitheatre of volcanic rock about 3 miles from Dufton along the southern leg of the Pennine Way. Josh Hartley, (running for his fell running club BCR) despite having felt rough with a cold over the previous fortnight, finished 8th from 412 runners in a time of 01:07:18.





KARL'S RACE DIARY

March to early May 2024 provisional road races calendar.

Dates may be subject to change.

Here is the first part of the new year's road races. Races for CUMBRIA and Lancaster area only. Entry fees are for ATTACHED club runners and may be subject to alteration...please check in case of revisions.

Sat 02 Mar: Black Combe Runners' WINTER TRAINING LEAGUE RACE: Black Combe up and down fell race covering 4.5 miles and 1800ft ascent to the summit and back, from Whicham Church, Silecroft. There's a large car park there, now and off time is 10:30am. Handicapped. Free.

Sat 02 Mar: For reference only: Final mid-Lancs cross-country fixture at Beacon Park, Skelmersdale. See our Facebook or the Mid-Lancs website for more details and watch out for club updates. Please try and race this one...it could make all the difference to the clubs' standings in the league tables. Timings as per previous races in this league.

Sun 03 Mar: Haweswater Half-Marathon, 11:30am from Bampton School, 9 miles outside Penrith. Registration at nearby village hall. £23 in advance, £25 on the day if limit not reached. Very scenic, but challenging out and back route to Mardale Head. Superb pre-spring marathon training run. A 1.6 mile junior race is also taking place and entry for this is on the day only. See Eden Runners website (they organise it) for full details and entry form.

Sat 09 Mar: Black Combe fell race. 8.2 miles, 3281ft ascent. 12:00 from Silecroft village hall. FRA or BCRs web for more info. Put in for those not running at Dent.

Sat 09 Mar: Dent 14.2 miler/7.9 miler Many of us have ran this in the past. Need I say more, but see the Dentedale website for more info. Entry is £18 in advance only, and off time is 1pm. A useful hilly pre-spring / London Marathon training race. **There is a shorter 7.9 mile race option...**details on website, entry fee is same as the 14.2. Great for runners wanting a shorter, less challenging run.

Sun 10 Mar: Lancaster Trimpell 20-mile road race. (Also a 10k option is available this year) Your pre-spring marathon weekly long run this week is this race, however, entry is steep at £25 (there is entry on the day) On the plus side it's practically pancake flat. Starts from the 3-1-5 Health Club LA1 3PE 11am start.

Sun 10 Mar: TBC Carlisle half marathon. 9am from Brunton Park....Carlisle United FC....start and finish in the stadium. £30 entry. Also a 10k and 2k fun run at £18 and £9 respectively are available.

Sat 16 Mar: Leighton Hall (Carnforth) AONB 10k and half marathon trail races. 11am for 10k start, 1pm for the half. Pennine trails.com for further details and entry fees. Day before the Trimpell races in Lancaster.

Mar or Apr: Check web for 2024 date, it's on this year: Lorton School 10km road race. From the village school, near Cocker mouth. Undulating course. 11am. £10 in advance, £12 all on the day.

Sun 17 Mar: Buttermere Trail race 20k. 10am from Buttermere village hall, near Cocker mouth. A scenic trail run along the shores of Buttermere and Crummock. £28 in advance. Race best web for more details.

Sun 17 Mar: Workington to Keswick 30 miler. ALL ROAD. Great K2B warm up event. Although a walk, a few people run it. See Karl if anyone fancies doing it this year. From the legion club in the town starting when you are ready between 7:30 and 8:30am (each walker/ runner is given a route card to be stamped at each CP, and the start marshals mark it with your start time, so there's no worries about a mass start), it is routed via Branthwaite, Ullock (CP1), Mockerkin, Loweswater, Lorton Valley (CP2), Lanthwaite Green, Buttermere village hall (17.5 miles CP3), Honister Pass to Seatoller (CP4), Rosthwaite, Grange Bridge (Last CP), and Keswick Cricket Club (may change, but was this venue in 2013. See the Workington to Keswick Facebook site for more details.

Sat 23 Mar: Coniston 14. 11am start. Generally, it's pre-entry only, do it before 28 Feb as this race is usually full by then. See their website and this will almost certainly be a club champs counter event. There may be entry on the day if limit isn't reached...this has happened most years since 2010. Prices are quite steep.

April: (Date TBC) Longtown 10 mile race. Event in N Cumbria that could become a favourite. Undulating in places. From Longtown primary school at 12:00. £15 in advance, £18 on the day. No further details at time of submitting, so please check all relevant websites to see if the 2024 race is on.

Sun 07 Apr: Race to the castle 10km road race, Lancaster. Full details on John Schofield's UK results website.

Sun 07 Apr: Three villages 10 mile and 5 mile road races. 10am from Wetheral, near Carlisle. Two lap race (one lap for the 5 mile option) taking in Wetheral, Cumwinton and Scotby. Entry £20 in advance, £22 on the day. Race best website for fuller details.

Sat 13 Apr: Lakeland Trails Races series Hawkshead trail races. Please see their website for distances, start times, entry fees and so on.

Sun 14 Apr: Lancaster "Three Bridges" 10km road race. Popular event which goes over the city's main bridge crossings. From the Salt Ayre track near Asda. 11am. £15 in advance or £18 on the day. Details on Lancaster races website.

Wed in April: (it's on in 2024) Keswick "round the houses" 4.2 mile race. An evening run around the streets of Keswick, including the hilly routes such as Chestnut Hill. £10 I think, on the night and it starts at 7pm. See Keswick ACs website for details.

Check web for date: Garstang Gallop 7 miler. 11am from Garstang sports & social club. £15 in advance or £18 on the day. See John Schofield's website for more details and link.

Good Friday: (date changes every year) Caldervale Country 10 mile road race & fun run. 1pm from the village hall near Garstang. Is always on Good Friday every year. £15 in advance or £18 on the day.

Easter Saturday: (date changes every year) Isel Cross multi-terrain 5.5 mile race from Cockermouth School. 11am start. £10 on the day at Derwent ACs clubhouse at Kirkgate a km away. Mix of road, trail and hill. see Karl (who's ran this in the past) or Derwent ACs website.

Apr or May: TBC (check web for date) Lancaster "War of the Roses" 10km and 5km road races. 11am from the Lancaster & Morecambe AC clubhouse athletics track opposite Salt Ayre sports centre. £12 in advance or £15 on the day. Start and finish on the track and the route crosses all the bridges spanning the river. John Schofield's or LMAC website for more info and to enter in advance.

Sat 20 Apr: Lake District trail running challenge races. 4 choices....10 miles, half and full marathon or 62k ultra. Start at 6:30am (ultra), or later depending on your event. From Grange in Borrowdale. Trail events co website for more info and entry fees. An alternative to the Lakeland trails series.

Sun 21st Apr: Brigham (just outside Cockermouth) 10km road race. 11am from the village social club. £10 entry. Further details on the Race Best website via race calendar and clicking on for this race.

Sun 21 Apr: For info only: London marathon. Good luck to those taking part. Several of us are in the capital and you can see it all live on BBC 1 from 8:30am to 2:30pm.

Fri 26 Apr: Dalton-in-Furness 10k road race. We all know the drill with this race....on our doorsteps, undulating, popular and from the cricket club at 7:15pm, with a fun run at 7:25pm. Entry in advance, on day only if limit not reached.

Sat 27 Apr: Wray Scarecrow 10km. 1:15pm from Wray village 8 miles east of J34 M6. £10 in advance or £12 on the day. Scarecrow medals to all finishers. Min age 15 to enter. More info and entry form on UK Road Races website.

Wed 01 May: Kendal 10k from the leisure centre at 7:30pm. First race in the 10k Kendal AC Grand Prix series which also includes races at Levens, Hawkshead and Endmoor at three weekly intervals between each one. More info on their website including a discount by entering all four races in advance.

Sun 05 May: TBC CHECK ONLINE. Keswick Half-Marathon. 11:30 from Keswick RUFC (registration and finish here, start is on the main road). Highly popular race as it's a Bank Holiday weekend, so expect over 600 runners. Undulating / hilly roads. £20 I think in advance, more on the day. This race doesn't have an entry limit and could easily accommodate up to 1000 runners.

Sun 05 May: Morecambe half marathon, 10km and 5km. 11am from the prom, but see link on the UK Results website calendar where more fuller details are given.

Tue 07 May: TBC Whitehaven 10k from Lowca Rugby league club at 7pm. Cumberland ACs website for further details.

Sat 11 May: Keswick to Barrow and Coniston to Barrow walk / run events.

Sat in May: Lakeland Trails race series Staveley trail race. See their website for full details of distances, start times, entry fees and so on.

HOAD HILL HARRIERS CLUB CHAMPS 2024

SHORT	5km distance	MEDIUM	10km to half marathon
LONG	Over half marathon race distance	TRAIL	Offroad – trail or fell

Race as many as you wish – points will be awarded as 10 points for fastest down to 1 for everyone slower than 10th to finish in each age group.

Anyone who completes all 5 races in a month receives a bonus of 10 points.

Anyone who marshals at one of our Club's organised races will receive 15 points, so you could be the first Hoad finisher in the summer 10k race and car park marshal and therefore receive 10 + 15 points = 25 points.

Please show your times and distances by Strava or Garmin evidence on the Club Facebook page or What's App/ Messenger me.

MARCH

5K	SHORT	BARROW PARKRUN	9 th 9am	575 th Barrow Parkrun
7.9M	MEDIUM	DENTDALE	9 th 12pm	Dent nr Sedbergh, undulatory, entries on the day £18
13.8M	CONISTON	14	23 rd 11am	John Ruskin School Coniston, undulatory £31

TRAIL 6/9.6km MID LANCS XC 2nd 1.30/2.15pm Skelmersdale
 VIRTUAL 2M 7th 2 Mile time trial either on Club night or during the day

APRIL

5K SHORT FELLFOOT PARKRUN 13th 9am 400th parkrun
 10k MEDIUM DALTON CHARTER 26th 7.15pm Dalton Cricket Club, undulatory, £11.60 (incl booking fee)

26.2M LONG MANCHESTER MARATHON

TRAIL 10/16km HAWKSHEAD 13th Lakeland Trails, either race £29, under 25 £15

VIRTUAL How many steps can you run in 60 minutes

MAY

5K SHORT BLACK COMBE 25th 9am 275th Haverigg Prison parkrun – book 2 weeks prior

11K MEDIUM RUN THE EDGE 19th 10am Millom – flat

26.2M LONG BRATHAY MARATHON 18th 11am Ambleside – hilly

TRAIL 9.3km CAW 15th 7.15pm Broughton Mills CA20 6AX £4, hilly

VIRTUAL Quickest 2.5 miles with 6 legs -supply photo of 6 legs

JUNE

5K SHORT FORD PARKRUN 22nd 9am 225th Ford Park Ulverston

10K MEDIUM HAWKSHEAD 12th 7.30pm Hawkshead – undulatory

26.2M LONG LANCASTER 16th 11am Lancaster -flat £51

TRAIL 10/15km CONISTON 8th Lakeland Trails £29, either race £29, under 25 £15

VIRTUAL How many lengths of canal towpath in 45 minutes

JULY

5K SHORT BARROW PARKRUN 6th 9am Barrow Park

10k MEDIUM BLACKPOOL MUSIC 14th 10.30am Blackpool £23 timeoutdoors.com

LONG

TRAIL 14/23km AMBLESIDE Lakeland Trails 23k £35 14k £29 under 25 £15

VIRTUAL Strava Art – what animal can you make

AUGUST

5K SHORT MILLOM PARKRUN 17th 9am 330th Millom Secondary School

10k MEDIUM HOAD HILL 14th 7.30pm Glaxo Sports Club – flat

21k LONG RIVERSIDE HALF 18th 11am Lancaster

TRAIL

VIRTUAL How many ascents of Hoad do you need to ascend equivalent of Black Combe

SEPTEMBER

5K SHORT HOAD HILL MONUMENT 11th 6.30pm Glaxo Sports Club – flat

16k MEDIUM RIVERSIDE 1st 11am Lancaster – flat

20m LONG GOLDEN BALL 1st 11am Lancaster – flat

TRAIL 10/15k CARTMEL

7th

Lakeland Trails - £24, under 25 £15

VIRTUAL

OCTOBER

5K SHORT FELLFOOT PARKRUN

12th 9am

Fellfoot Park

10k MEDIUM MILLOM HALLOWEEN

27th 11am

Millom Secondary School – flat

21k LONG CUMBRIAN HALF

6th 9am

Carlisle – flat

TRAIL 10/15k HELVELLYN

19th

Lakeland Trails - £24 under 25 £15

VIRTUAL

NOVEMBER

5K SHORT FORD PARKRUN

16th 9am

Ford Park Ulverston

8M MEDIUM ALLITHWAITE

2nd

Allithwaite Village Hall – road/fell

21k LONG LANCASTER HALF

3rd 11am

Morecambe – flat

TRAIL DUNNERDALE

9th 12pm

Broughton Mills, undulatory, pre entry pie&peas

VIRTUAL

DECEMBER

5K SHORT HOAD BOXING DAY

26th 11am

Glaxo Sports Club – flat

10k MEDIUM HOAD XMAS PUDDING

1st 11am

Glaxo Sports Club – flat

LONG

TRAIL 6/9.6km MID LANCS XC

TBC

VIRTUAL

Where there are gaps – these will be filled nearer the month concerned.

CLUB MERCHANDISE : Always in my car on club nights!



Club Snoods: £4

Club Caps £5

Club Vests £25

